

Full Report (All Nutrients) 15132, Fish, whiting, mixed species, raw

Report Date:October 08, 2015 23:07 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 92g	3.0 oz 85g
Proximates						
Water	g	80.27	61	--	73.85	68.23
Energy	kcal	90	--	--	83	76
Energy	kJ	377	--	--	347	320
Protein	g	18.31	77	--	16.85	15.56
Total lipid (fat)	g	1.31	185	--	1.21	1.11
Ash	g	1.30	57	--	1.20	1.10
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	48	12	--	44	41
Iron, Fe	mg	0.34	11	0.030	0.31	0.29
Magnesium, Mg	mg	21	2	--	19	18
Phosphorus, P	mg	222	13	11.000	204	189
Potassium, K	mg	249	32	10.668	229	212
Sodium, Na	mg	72	34	--	66	61
Zinc, Zn	mg	0.88	88	0.045	0.81	0.75
Copper, Cu	mg	0.031	83	0.002	0.029	0.026
Manganese, Mn	mg	0.104	2	--	0.096	0.088
Selenium, Se	µg	32.1	15	2.079	29.5	27.3
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.056	11	0.008	0.052	0.048

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 92g	3.0 oz 85g
Riboflavin	mg	0.046	11	0.301	0.042	0.039
Niacin	mg	1.300	11	0.090	1.196	1.105
Pantothenic acid	mg	0.216	2	--	0.199	0.184
Vitamin B-6	mg	0.156	2	--	0.144	0.133
Folate, total	µg	13	2	--	12	11
Folic acid	µg	0	--	--	0	0
Folate, food	µg	13	2	--	12	11
Folate, DFE	µg	13	--	--	12	11
Choline, total	mg	65.0	--	--	59.8	55.2
Vitamin B-12	µg	2.30	11	0.330	2.12	1.95
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	30	--	--	28	26
Retinol	µg	30	--	--	28	26
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	100	--	--	92	85
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.30	--	--	0.28	0.26
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	1.4	--	--	1.3	1.2
Vitamin D3 (cholecalciferol)	µg	1.4	--	--	1.3	1.2
Vitamin D	IU	57	--	--	52	48
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.1
Lipids						
Fatty acids, total saturated	g	0.247	--	--	0.227	0.210
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.045	6	--	0.041	0.038

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 92g	3.0 oz 85g
16:0	g	0.158	6	--	0.145	0.134
18:0	g	0.032	6	--	0.029	0.027
Fatty acids, total monounsaturated	g	0.279	--	--	0.257	0.237
16:1 undifferentiated	g	0.082	6	--	0.075	0.070
18:1 undifferentiated	g	0.162	6	--	0.149	0.138
20:1	g	0.030	6	--	0.028	0.026
22:1 undifferentiated	g	0.004	6	--	0.004	0.003
Fatty acids, total polyunsaturated	g	0.422	--	--	0.388	0.359
18:2 undifferentiated	g	0.020	6	--	0.018	0.017
18:3 undifferentiated	g	0.034	6	--	0.031	0.029
18:4	g	0.041	5	--	0.038	0.035
20:4 undifferentiated	g	0.078	6	--	0.072	0.066
20:5 n-3 (EPA)	g	0.093	6	--	0.086	0.079
22:5 n-3 (DPA)	g	0.018	6	--	0.017	0.015
22:6 n-3 (DHA)	g	0.131	6	--	0.121	0.111
Cholesterol	mg	67	11	2.940	62	57
Amino Acids						
Tryptophan	g	0.205	--	--	0.189	0.174
Threonine	g	0.803	--	--	0.739	0.683
Isoleucine	g	0.844	--	--	0.776	0.717
Leucine	g	1.488	--	--	1.369	1.265
Lysine	g	1.682	--	--	1.547	1.430
Methionine	g	0.542	--	--	0.499	0.461
Cystine	g	0.196	--	--	0.180	0.167
Phenylalanine	g	0.715	--	--	0.658	0.608
Tyrosine	g	0.618	--	--	0.569	0.525
Valine	g	0.943	--	--	0.868	0.802
Arginine	g	1.096	--	--	1.008	0.932
Histidine	g	0.539	--	--	0.496	0.458
Alanine	g	1.108	--	--	1.019	0.942
Aspartic acid	g	1.875	--	--	1.725	1.594
Glutamic acid	g	2.734	--	--	2.515	2.324
Glycine	g	0.879	--	--	0.809	0.747

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 92g	3.0 oz 85g
Proline	g	0.648	--	--	0.596	0.551
Serine	g	0.747	--	--	0.687	0.635
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0